

The West Valley OUTLOOK

a vision for our Age Friendly communities



MARCH
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Philip Nisevich jams on the saxophone.

Photo by Jimmy P Photography

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*****ECRWSSDDM*****
To our valued member/current resident:

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The musical journey of local 13-year-old Philip, a saxophone prodigy

By Lynn Dai

It's a sunny Sunday afternoon at Los Gatos Town Plaza Park, where saxophonist Philip Nisevich sets down his music stand, ready to play. He launches into a silky string of bass melodies from classic jazz songs like "Desafinado" and "Blue Bossa." He closes his eyes,

humming and swaying as he basks in the thrill of the music.

Philip is only 13.

Whenever the weather allows for it, he plays outdoors at the Town Plaza Park on weekends. People of all ages approach him—at times, adults entranced by his music come up and give recommendations for songs, one of the main ways Philip discovers new

music. Others ask questions or invite him to play one of their favorite pieces. He has even been mistaken for other talented saxophonists. But Philip said some of his favorite interactions with people around the community are with kids his age.

"I enjoy playing outside and playing for the community. It's really fun to get feedback and

to get recommendations," he said. "It's really nice when kids come up without their parents because I feel like they're actually connecting with the music and not doing it to just support me. A lot of them will compliment my playing and it's a good feeling."

For Philip, jazz is a way of connecting with other people. Just like writing, music is

a form of communication, he said. One of his favorite pieces—"Desafinado"—was a recommendation given to him off the street.

"Jazz is considered an oral tradition," Philip said. "So it's all about listening and sharing your feelings through music."

Philip's playing has been

see **PRODIGY** pg. 6



Poster by Los Gatos High School sophomore Kiara Z

Results of Los Gatos survey show majority of teens don't drink alcohol

Staff Report

In partnership with the Town of Los Gatos, the Los Gatos Union School District, and the Montana Institute, the Los Gatos-Saratoga Union High School District announced the results of a recent poll given to 8th grade - 12th grade students who

attend schools in Los Gatos, California regarding alcohol consumption.

Taken in October 2023, the survey was issued to students, staff, and parents/guardians as part of the work of the Positive Community Norms (PCN) Project Team. With the misperception that youth alcohol is a serious issue within the Town of Los Gatos, the survey results shared:

see **ALCOHOL** pg. 3

Amos4Aid: new nonprofit aims to elevate lives in Bay Area care facilities

By Brandy Maddox

Amidst the trials and tribulations that afflict nursing homes, hospices and long-term care facilities face, a new nonprofit offers a supportive hand. Amos4Aid, born from the vision and determination of two compassionate local high school students, is committed to closing divides and spreading joy to the most vulnerable among us.

Amos4Aid, founded in October 2023 by Varsha R. of Valley Christian High School and Viki T. of Saratoga High School, is a 501(c)(3) nonprofit that orchestrates delivery of essential resources, volunteer engagements and interactive enrichment activities for residential care facilities for the elderly (RCFEs).

Recognizing the stark reality of resource shortages

see **AID** pg. 3

OUTLOOK STAFF

Tylor Taylor
 Publisher and
 Executive Editor
 tylor@sascc.org

Rajvir Kaur
 Outlook Production
 Manager
 raj@sascc.org

Brandy Maddox
 Managing Editor
 brandy@sascc.org

CONTRIBUTING WRITERS:

Lynn Dai
Yan Zhao
Wil Yu
George Hu
Marcia Fariss

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Stay informed - March / April

City of Saratoga and Town of Los Gatos Council, Commission & Committee Meetings

Meeting places, Zoom links and call-in information are contained in each respective meeting agenda. Agendas are typically uploaded the Friday before the respective meeting. Please note, all council, commission, and committee meetings are subject to change

or cancellation. Check the meeting links prior to each meeting or call your local town clerk for questions. Saratoga City Clerk's office: 408-868-1216 Los Gatos Town Clerk's office: 408-354-6834



SARATOGA

Parks and Recreation Commission: March 12, 6:30-8:30 p.m.
 View agenda and meeting info at www.saratoga.ca.us/364/Parks-Recreation-Commission

Planning Commission: March 13, 7 p.m.
 View agenda and meeting info at www.saratoga.ca.us/357/Planning-Commission

Traffic Safety Commission: March 14, 6:30-9:30 p.m.
 View agenda and meeting info at www.saratoga.ca.us/329/Traffic-Safety-Commission

City Council: March 20, April 3, 7 p.m.
 View agenda meeting info at www.saratoga.ca.us/241/City-Council

Youth Commission: March 26, 7-9 p.m.
 View agenda and meeting info at www.saratoga.ca.us/337/Youth-Commission

Heritage Preservation Commission: April 9, 8:30 a.m.
 View agenda and meeting info at www.saratoga.ca.us/285/Heritage-Preservation-Commission



LOS GATOS

Housing Element Advisory Board: March 7, 7-10 p.m.
 View agenda and meeting info at www.losgatosca.gov/1735/General-Plan---Housing-Element

Conceptual Development Advisory Committee: March 13, 4 p.m.
 View agenda and meeting info at www.losgatosca.gov/200/Conceptual-Development

Historic Preservation Committee: March 13, 27, 4 p.m.
 View agenda and meeting info at www.losgatosca.gov/190/Historic-Preservation

General Plan Committee: March 13, 5:30 p.m.
 View agenda and meeting info at www.losgatosca.gov/199/General-Plan-Committee

Planning Commission: March 13, 27, 7 p.m.
 View agenda and meeting info at www.losgatosca.gov/189/Planning-Commission

Complete Streets and Transportation Commission: March 14, 7:30 a.m.
 View agenda and meeting info at www.losgatosca.gov/2555/Complete-Streets-Transportation-Commis

Diversity, Equity, and Inclusion Commission: March 14, 5-6:30 p.m.
 View agenda and meeting info at www.losgatosca.gov/2951/Diversity-Equity-and-Inclusion-Commis

Development Review Committee: March 19, 26, April 2, 9, 10 a.m.
 View agenda and meeting info at www.losgatosca.gov/188/Development-Review-Committee

Town Council: March 19, April 2, 7 p.m.
 View agenda and meeting info at www.losgatosca.gov/16/Town-Council

Live Oak Senior Nutrition Program receives major donation to continue service

By Tom Picraux

The Los Gatos Foundation for Older Adults to Thrive announced today a \$35,000.00 grant to the Live Oak Senior Nutrition Center to address a significant shortfall in funding for senior meals in Los Gatos.

The funds for the grant were donated by SASCC, (Successful Solutions & Community Consulting), to avert a crisis in providing hot meals to seniors at the Los Gatos Live Oak Senior Nutrition Center.

"We are so excited that through this grant meals can continue to be provided five days a week for seniors in need," said Tom Picraux, Los Gatos Foundation for Older Adults to Thrive board president.

Food insecurity has greatly increased since the pandemic.

Currently, Santa Clara County funding for the meals program covers 53 meals per day, whereas Live Oak is serving an average of 80 meals each day.

This grant addresses the current crisis to allow time needed for a long-term solution. The Los Gatos Foundation for Older Adults to Thrive will collaborate with SASCC and Live Oak Senior Nutrition to do advocacy and develop sustainable funding for this vital meals program for seniors.

"So many seniors have shared touching stories about how these meals and the opportunity for socialization have helped lift them out of depression," Live Oak Senior Nutrition director, Kathy Mlinarich, said. "Several say that this program has, quite literally, saved their lives. For too many, this is the only substantial meal

they receive all day."

"Ensuring the well-being of our older adults requires a collective effort and sustained investment in essential programs," said Tylor Taylor, SASCC CEO. "We hope local jurisdictions and service providers can collaborate to keep this important service thriving well into the future."

Organization descriptions: The Los Gatos Foundation for Older Adults to Thrive organization's mission is to create a new Los Gatos Intergenerational Community Center with dedicated space for older adults, and to provide support and advocacy for an age-friendly community where older adults are engaged, valued and provided equitable opportunities to thrive.

Formerly known as



Sandy Decker, Chair of the Los Gatos Foundation for Older Adults to Thrive, presents a \$35,000 check to Kathy Mlinarich, Executive Director for the Live Oak Senior Nutrition Program. Photo by Arnold Breit

the Saratoga Area Senior Coordinating Council, Successful Aging Solutions & Community Consulting (SASCC) is a nonprofit service provider and community consultancy that offers an integrated suite of programs for older adults, and guides local government and institutional efforts to build Age-Friendly communities. For more information see: lgthrive.org and sascc.org.

Outlook Disclosure: Successful Aging Solutions & Community Consulting (SASCC) is a registered 501(c)(3) nonprofit organization, founded in Saratoga in 1979. The Outlook is our monthly publication. We are funded by a mixture of income from services, donations, and grants from community foundations and governmental bodies. The Outlook is distributed monthly to every home in Saratoga and Los Gatos. Our publication, like our organization, is nonpartisan and strives to provide an equal voice to all in the communities we serve. We allow submissions from a variety of entities and individuals. Opinions expressed in The Outlook are not necessarily a reflection of the opinions or mission of SASCC. The views contained herein are intended to be reflective of our community, therefore we encourage all feedback and comments from our readers. We take all feedback seriously and will always do our best to incorporate it into our finished product. To submit feedback or questions to our team, please email outlook@sascc.org. Thank you for reading The Outlook!

Students design posters showcasing ‘positive community norms’

Continued from
ALCOHOL, pg. 1

- 81% of Los Gatos teens do not drink alcohol in a typical month.
- Students, however, have the perception that 49% of their peers do not drink alcohol in a typical month.
- Students who accurately perceive the norm that MOST Los Gatos teens don't drink alcohol monthly often are 9.8 times more likely to report not drinking monthly.
- Students who accurately perceive that MOST of their peers would rather NOT use alcohol when hanging out with friends have 5.5 times GREATER odds of reporting that they would rather NOT use alcohol when hanging out with friends.
- Adults surveyed also have the misconception about alcohol use among Los Gatos teens, with only an average of 39% of adults accurately perceiving that most teens do not drink in a typical month.

In an effort to help spread

the results of the poll, Los Gatos High School (LGHS) graphic design students were challenged to create a poster that will be displayed around campus at both Fisher Middle School and Los Gatos High School. The winners of the poster designs are LGHS Senior Twyla K., Junior Carrick S. and Sophomore Kiara Z.

In addition, the LGHS Wellness Center Ambassadors and the district's MOSAIC program (social-emotional lessons given monthly to students) will continue the work of the Positive Community Norms (PCN) Project Team, correcting Los Gatos teens' misperceptions about alcohol use norms and building on current norms to increase the number of students who are making the choice not to drink. In addition, the PCN Project Team will work to help spread the research that confirms parents and guardians are incredibly influential when it comes to teen alcohol use.

"I am incredibly proud of our students' willingness to share on such a vulnerable subject," shared Superintendent Bill

Sanderson. "This community has taken a stand to correct the misperceptions around teen drinking, and I believe that with our student, staff and parent leadership, we will be able to change the rumors and continue to focus on the incredible assets our students bring to our campuses and community."

The Positive Community Norms (PCN) Project Team comprises staff, parents, and students from the Town of Los Gatos, the Los Gatos Union School District, and the Los Gatos-Saratoga Union High School District. Led by The Montana Institute, this unique partnership was formed to focus on the alcohol-related norms we want to grow instead of the behaviors we want to prevent. The PCN Project Team is in place to help ensure fidelity to the Positive Community Norms best practices, assist in the development of campaign materials, and prepare for future project sustainability.



Poster designed by Los Gatos High School senior Twyla K

‘The elderly have shaped the world we live in today,’ Amos4Aid co-founder says

Continued from
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plaguing many care facilities, the organization steps in to empower these facilities and support their residents.

The statistics paint a sobering picture: according to the American Geriatrics Society, a staggering 65-90 percent of long-term care patients grapple with mental illness, while 84 percent of facilities face staffing and resource shortages.

The consequences are dire, with residents often battling isolation and declining mental health in the absence of robust support systems.

For Varsha and Viki, the journey began with a shared passion for service, inspiring their organization's name: "amos" means "love" in Latin, translating to "Love for Aid."

Varsha's grandparents moved from India to help raise her, inspiring her empathy for the elderly.

"When my grandfather passed away, I knew that I wanted to give back to the elderly community in the same way that he did for me," she said. "After volunteering for several years, I decided to play my part in improving patient life and meeting the needs of residential homes. Viki and I created Amos4Aid for this purpose, and I believe that by developing a personal connection to each organization and home we

volunteer with, we can achieve our mission."

So far, Amos4Aid has partnered with Woodlands Healthcare Center and Vasona Creek Healthcare Center in Los Gatos, Herman Health Center in San Jose, and CityTeam to donate blankets, socks, and stuffed animals. They welcome more care facilities to reach out if interested in their support.

The organization is committed to fostering connection with older adults, honoring their importance and contributions to society.

"I have developed close relationships with many long term care patients, and I have learned so much from them," Varsha said. "From engineers at some of the top companies in the world to loving mothers, the

elderly have shaped the world we live in today."

Amos4Aid's long-term goals include connecting students with RCFEs to promote inter-generational connection, hosting educational presentations for residents to support lifelong learning and developing sustainable fundraising strategies for RCFEs.

As they continue to expand their reach and deepen their impact, Varsha and Viki invite the community to join them through donations and volunteerism.

To support Varsha and Viki's vision and learn more about their mission, visit their Instagram (@Amos4Aid) and inquire about making a tax-deductible donation.



Varsha and Viki, cofounders of Amos4Aid visit a resident of a local care facility.
Photo courtesy of Amos4Aid



Varsha and Viki volunteer at Vasona Creek Healthcare Center.

Photo from @Amos4Aid



Volunteering at the Woodlands Healthcare Center.

Photo from @Amos4Aid



THE CLUB AT LOS GATOS

"Find your vitality at The Club at Los Gatos - a haven where lifelong wellness thrives. Our community cherishes timeless strength and serenity, guided by expertise and exceptional facilities. Embark on a journey of health and rejuvenation with us. Join a story of enduring inspiration and graceful living."

THE SENIOR PROGRAM AT THE CLUB AT LOS GATOS

Discover the latest initiative at The Club at Los Gatos—a dedicated Senior Fitness Program designed to honor and support our cherished seniors.

Embark on this journey with a complimentary personal training session, followed by a weekly lineup of specialized classes crafted for seniors. Dive into our water aerobics class Aquafit, indulge in Recovery Yoga, find tranquility in Deep Stretch Meditation, or engage in Mat Pilates and Yin Yoga sessions - each class is designed with your wellness in mind.

With our seasoned personal trainers at the helm, we prioritize your safety, comfort, and progress. Each fitness plan is meticulously tailored to address your unique needs, ensuring every workout is both enjoyable and effective. From strength building and pain management with corrective exercise to flexibility enhancement, we're committed to your holistic wellness progress.

Our commitment to your wellness extends beyond fitness. Step into our rejuvenating sauna experiences—whether you prefer the traditional outdoor sauna or the soothing warmth of our infrared option. Backed by research, sauna usage boasts numerous health benefits, from improved cardiovascular health and stress reduction to enhanced cellular repair. Studies like the Finnish sauna study highlight how regular sauna use can lower blood pressure and strengthen heart function by promoting better blood flow.

it will also aid in stress reduction by lowering stress hormones, potentially protecting against hypertension and heart ailments.

The Senior Program at The Club at Los Gatos is more than just a fitness regimen; it's a vibrant community united in celebrating the vitality of every stage of life. After your invigorating classes or sauna sessions, unwind and connect with fellow fitness and health enthusiasts in our cozy café. It's a perfect opportunity to share experiences, exchange tips, and build meaningful connections with like-minded individuals in the area who also enjoy an active lifestyle.

Whether you're tackling a personalized workout routine with a trainer, embracing a new class, relaxing in our saunas, or strolling with our walking group, rest assured that you're stepping into a supportive environment tailored to your wellness journey. Join us today and take that pivotal first step toward a healthier, happier you.

To sign up please call our membership manager **Tori Johnson she can be reached att (408) 915- 5583 or you can send her an email at tori.johnson@theclublg.com.**



www.theclublg.com

NEWS BRIEFS

Saratoga

Land lines subject to discontinue

AT&T is requesting approval to be relieved of its Carrier of Last Resort (COLR) obligations in certain areas of California. If approved, AT&T would no longer be required to offer landline telephone service where it is currently required to offer Basic Service in those areas. Basic Service includes nine service elements such as Lifeline rates for eligible customers, free access to 9-1-1, Telephone Relay Service, and directory and operator service. If AT&T's proposal is approved, then no COLR would be required to provide Basic Service in the areas in which AT&T is the COLR. You can find more about this initiative at tinyurl.com/yfexxuva.

The California Public Utilities Commission (CPUC) will hold in-person and virtual public forums for customers of AT&T to provide input into the company's two proposals to remove its obligation to provide voice services in its service territories. Upcoming meetings are on February 22 (Ukiah, CA—in-person only), March 14 (Indio, CA—in-person only),

and March 19 (virtual only). You can make an online comment at tinyurl.com/bdefk3zh and view the fact sheet at tinyurl.com/mpuvrmt4.

Prince of Peace soup and salad dinners

Wednesdays between now and Easter, Prince of Peace Church invites you to its Soup & Salad dinner series, which are followed by a short worship service. Dinner is a 6 p.m., worship at 7 p.m. This year, worship focuses on trying new spiritual practices. March 13 learn about home altars, and March 20 learn about labyrinths. Interested in volunteering to serve dinner? Contact anne@propeace.org.

Blossom Festival coming April 13

Enjoy antique cars, art, crafts and live music at the annual Saratoga Blossom Festival on April 13 from 10-4 p.m. at the Heritage Orchard and Saratoga Civic Center, 13777 Fruitvale Avenue in Saratoga. The event is free and open to the public.

Activities include a wide range of music, entertainment, paintings, Saratoga historical characters, artists, local organizations and artisans. Gourmet food trucks will also

be part of the fun. Children will enjoy special activity tables and a petting zoo. Girl Scouts are handing out flowers to visitors commemorating the historic festival. First produced in 1900, this historic event ran successfully for 41 years. Celebrate the tradition, produced by the Saratoga Historical Foundation and sponsored by the City of Saratoga. For more information call 408-867-4311 or visit saratogahistory.com.

Los Gatos

Host your own Free Speech Event

Did you know you can host your very own "free speech event" in Los Gatos? The Town of Los Gatos embraces the diversity of its community and supports the rights of all people to express their First Amendment Right to free speech in public forums.

Free Speech Events are organized, pre-planned events held in the spirit of expressing a view or belief, and are intended to be solely an expressive activity, such as a march, rally, or demonstration. They may include amplified sound from a portable or handheld device.

Free Speech Events shall not include the installation or storage of items on Town property, including affixing signs, equipment, decorations, fixtures, or similar objects.

Visit losgatosca.gov/2953/Free-Speech-Events for more information. Email the Town Manager's Offices at manager@losgatosca.gov.

Spring into Green, April 21

The Town of Los Gatos is hosting its annual "Spring into Green" April 21 from 10 a.m. to 1 p.m. at Town Plaza Park, to celebrate "Keep Los Gatos Beautiful Month," environmental sustainability, and Earth Day. The festivities include environmentally focused exhibitor booths, a tree planting ceremony, the weekly Los Gatos Farmers Market, family-friendly activities, live music and more!

Visit losgatosca.gov/2225/Spring-into-Green for more information.

Santa Clara County

Potential tax relief for commercial property owners

In response to current market conditions of

commercial property, the Santa Clara County Assessor's office has opened the informal Proposition 8 review process more than four months early. The California Revenue & Taxation Code authorizes the Assessor to temporarily reduce property tax assessments when they exceed a property's market value as of January 1. Read more at tinyurl.com/4shx3s8r.

Monthly virtual emergency preparedness classes

Every second Wednesday of the month, Silicon Valley Independent Living Center (SVILC) offers a virtual emergency preparedness class to any person with a disability. Get motivated and prepared prior to the next public safety power shutoff, learn how to create an emergency plan, prepare an emergency kit and tips to stay safe. Also, learn new services SVILC has to offer if you require electricity to power your durable medical equipment, refrigerate your medication or air conditioning/heating to maintain your internal body temp.

The importance of preparedness, and city updates

Yan Zhao,
Saratoga Mayor

The month of February came in like a lion with heavy winds and rain that serves as a reminder of the dynamic and sometimes tumultuous nature of California's weather. But it also serves as a reminder for all of us to heed the call for preparedness. Heavy winds and rain can result in a myriad of issues, ranging from localized flooding and power outages to fallen trees and property damage. Being equipped with the right knowledge and resources can make a substantial difference in mitigating the impact of these weather events.

In rainy weather, prioritizing

safety is paramount. When driving, maintain a safe following distance and reduce speed to navigate slippery roads. Ensure functional windshield wipers and properly inflated tires. Be cautious of flooded areas, and never attempt to cross swiftly moving water. Visibility is crucial, so keep headlights on and use turn signals. Lastly, stay informed about weather forecasts and road conditions. Power out? Be sure to visit pge.com/outages to receive up-to-date information and advice. You can always report an issue in Saratoga, such as a downed tree, or potholes, by visiting our website at saratoga.ca.us.

One effective way to enhance preparedness is by considering participation in the Community

Emergency Response Team (CERT) Academy. CERT training empowers individuals to play a crucial role in disaster response and recovery efforts within their communities. Participants learn valuable skills such as first aid, basic search and rescue techniques and effective communication strategies. The next academy will be held from April 16-May 4, 2024. I encourage you to sign up at sccfd.org. By investing time in the CERT Academy, individuals not only enhance their own abilities but also contribute to building a safer, more resilient community.

Lastly, I wanted to take a moment to share a few updates from our City Council. Recently, the City submitted the fourth draft of its Housing Element to

the state. This crucial document outlines the city's strategy for accommodating its fair share of regional housing needs while fostering a balanced and sustainable community. The Planning Commission conducted a Public Hearing on the completed Housing Element, Zoning Amendments, the Environmental Impact Report and the 2040 General Plan Update on February 14, 2024. The City Council will consider the Planning Commission's recommendation on the documents at a Public Hearing scheduled for March 20, 2024. More information can be found at saratoga.ca.us/HousingElement.

In closing, the Saratoga City Council held its annual retreat that delved into crucial

aspects of strategic planning. The retreat, held with the goal of enhancing collaboration and decision-making, addressed key components such as the Mid-Year Update on the Three-Year Budget Forecast, 2023 California Legislative Updates and a preview of the Fiscal Year 2024-25 Capital Improvement Program (CIP). As the City continues to navigate the complexities of governance, these retreats serve as crucial forums for collaboration, ensuring that decisions are grounded in a thorough understanding of the city's financial landscape and alignment in priorities moving forward.



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Philip started playing music at age 5. He now plays regularly in Los Gatos



Photo by Jimmy P Photography

During the summer of his first experience with the recorder, Philip attended summer camps at Orange Music Studio, which offers music lessons for piano, voice, stringed and brass instruments, and woodwinds around the Bay Area (myorangestudio.net). There, he started building musical instruments out of scraps, from using rubber bands and other miscellaneous items for a violin to using a carrot for the flute.

"When I visited the summer camp, it was my first time trying music. It's a really nostalgic and memorable moment for me now as it was really fun and interactive," he said.

In his latest tea party-themed recital at the studio, Philip grappled with a spike in the difficulty level of a piece and a new way of performing: making a background video beforehand, and playing along with the video live during his performance.

"[Orange Music Studio] is a great place. I started my music lessons there and I still take lessons there," Philip said. "There's been a lot of new teachers and students, and everyone's getting better as they host a lot of events that make [learning music] really fun, interactive, and interesting."

Currently, Philip takes lessons at the studio for the flute, and he takes independent classes for the saxophone outside the studio with an independent teacher. His teachers have encouraged him

to match pictures, drawings, and other visuals he associates each song with to improve musical perception. And while Philip said improvisation comes to him naturally, he's been able to hone his interpretation skills by learning more about chord progressions and musical patterns in pieces with his teachers.

His classes in music theory also help him balance "two different worlds" between classical music for the flute and jazz music for the saxophone. While reading notations and notes are the same for both instruments, the musical styles are completely different, Philip said. With each song for the saxophone, he's been able to explore various tones and interpretations of swing jazz, straight jazz, Latin jazz and other genres.

"I enjoy music because there are endless possibilities and no right no wrong; you can just play and it's up to you," he said. "You don't have to play straight off the sheet. You can make it your own. And that's the main component of jazz and what makes it so interesting."

While Philip said it's been harder to balance schoolwork and his other extracurricular activities with the flute and saxophone, he always manages to make time for a few lessons and an additional few hours of practice each week.

In particular, Philip gathers with his parents and twin brother in the evenings for mini at-home concerts. The

family gets together to sing, practice pieces together, and try out different combinations of instruments. In the past, they've also thrown at-home concerts on Halloween with Philip's friends as a way to gather around a makeshift stage to practice "artsy" things.

As part of the symphonic and jazz band at his school, Rolling Hills Middle School, Philip also enjoys receiving recommendations and getting inspired by other students. With over 60 students per band in each grade, the school has a large music program. Every April, Philip participates in an annual competition with his fellow woodwind players.

Most recently, Philip established a jazz group with two other friends who play the piano and the drums. The group gets together twice a week during lunch to practice for school concerts and other events.

"I love that [jazz is] very relaxed, very open, with few limitations," Philip said. "I look up to my [jazz groupmates] in the sense that they're very good. The way they play and the way we sound together, that's what makes up a person's jazz skill."

Philip Nisevich can be found "at" flpsax on Instagram. Please consider supporting his musical education by donating to his gofundme, www.gofundme.com/f/philip-raise-money-to-expand-musical-education.

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dazzling listeners since he started practicing on the streets last year. He was first introduced to music at age five through his father, a guitarist, and his mother, a pianist. Though he was given a choice between jazz and classical music, Philip said

he enjoyed jazz a lot more for how "relaxed and open" it was.

Though he immediately found a liking for the saxophone, Philip started by playing other instruments as his hands were too small. He first played the recorder, the flute, and later, the alto horn, a smaller, high-pitched brass instrument in the saxhorn family.

VOLUNTEER DRIVERS NEEDED

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California needs to look at taking a community health approach

Wil Yu,
General Manager,
CCA Health California

When we think about health, we typically think about it in the context of an individual—perhaps ourselves, or a friend or loved one. Health is something that is deeply personal.

Our healthcare system reflects this way of thinking. In the United States, many of our institutions revolve around patient-centered care. In many ways, this individualized focus is beneficial, allowing us to personalize care for every patient.

Yet health is not only an individual matter—it's also something that is heavily influenced by our community. To any particular person, community can mean their family, the city or town they live in, or the religious, ethnic or social groups they belong to. What is certain is that one's community largely defines the social, economic and environmental conditions that they live in, which in turn have an incredible impact on their individual health.

In order to deliver the very

best outcomes for every individual, we need to better recognize and address these factors. This requires a community health approach that addresses the broader social and environmental factors that impact individual health.

When implemented correctly, this approach can have a transformative impact by increasing access to medical care, improving the health literacy of the community and reducing health disparities. This is especially true for older adults and those with significant medical, mental health and social support needs who rely more heavily on their communities.

This is particularly important in California, where low-income households face challenges in accessing medical care, healthy food and stable housing. Geographic factors can lead to disparities in healthcare infrastructure, with some regions lacking sufficient healthcare providers. All of this leads to poorer health outcomes. By investing more in community health initiatives, we can make meaningful progress towards a healthier, more equitable California.

Establishing an effective

community health approach requires the active participation and trust of different stakeholders—think community non-profit organizations, local government, healthcare professionals and senior centers. Oftentimes, community health workers serve as the link between these stakeholders, filling gaps that may not otherwise be met.

For example, in California, *promotores*—healthcare workers who support Spanish communities—play an essential role in our communities. By getting these groups involved, it ensures that initiatives will have community buy-in and be structured to meet its actual needs and priorities.

Taking a holistic view of health is another essential piece. Our health is heavily influenced by physical, mental, social and environmental factors. In California, one in seven adults experience a mental illness. This issue has only gotten worse with the pandemic. At CCA Health, we've designed programs for our health plan members to address this issue of loneliness and isolation, like the Buddy Line, which matches our members with trained volunteers.



Photo by FatCamera, Canva

Ultimately, the most important part of community health is addressing the underlying racial, ethnic and socioeconomic determinants contributing to health inequality. California has a variety of programs focused on this issue—everything from farm-to-school initiatives that help get healthy food into our schools to health plans like CCA Health, which factor in cultural sensitivity to everything we do. But we need more programs like these.

California is facing a serious problem regarding the health of our communities, but we

don't have to accept things the way they are, and we don't need to rely on traditional tools to address them. By embracing a community health approach and considering the collective well-being of every community, we can transform the health and quality of life of an entire community.



UNDERSTANDING DEMENTIA & CARING FOR A LOVED ONE WITH DEMENTIA

Presented by Sutter Health at Home
Hospice of the Valley

Monday, March 11
2-3pm

Saratoga Senior Center
Fireside Room

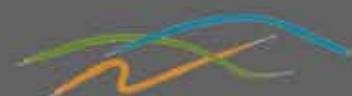
Join us for an insightful workshop on Dementia Care, where we will explore essential tools and strategies for supporting our loved ones facing dementia. Whether you are a caregiver, family member, or someone interested in learning more about dementia, this workshop will provide practical insights into effective caregiving techniques.

After this workshop, you will be able to:

- Define Dementia
- Identify ways to:
 - Create a calm environment
 - Keep patient safe
 - Help keep someone with Dementia hydrated and nourished
- Recognize signs & symptoms
- Discuss treatment and management options for dementia
- Behavioral Strategies
- Medications
- Understand dementia in the context of hospice



**Sutter
Health**

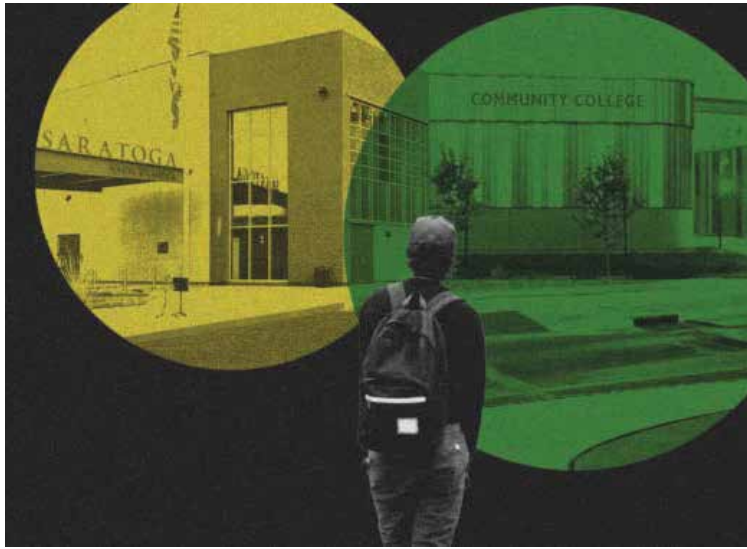


Hospice of the Valley™

COMMUNITY COLLEGE DUAL ENROLLMENT

Dual enrollment provides college experience: Students should take advantage of it

Flexibility and a wide range of interesting classes are reasons to consider this option



Graphic by George Hu

George Hu,
Saratoga High School,
Falcon Newspaper

It's a time-worn story at the school: Each year, in an effort to bolster college applications and resumes, hundreds of bleary-eyed, overstressed students overload themselves by taking multiple Advanced Placement (AP) or honors courses.

There's no doubt these classes are helpful for ambitious students. Their weighted GPAs go up, and they're more

prepared for college due to the challenging nature of the courses.

However, other options, like the often overlooked dual enrollment courses, can be equally or more beneficial in improving college applications and bring other benefits like flexible scheduling.

Dual enrollment allows students to complete college-level courses at local community colleges such as West Valley and De Anza and earn college credits, just like AP classes. Nonetheless, dual enrollment

can be less time consuming and less stressful. Many students find earning college credit through dual enrollment is significantly easier.

To actually waive college requirements through AP classes, students often need to score a 4 or a 5 score on AP exams, which requires much higher amounts of study time and a thorough understanding of the course material. AP curriculums also take an entire school year to complete.

By contrast, students only need to pass a dual enrollment class to get college credit. Additionally, dual enrollment curriculums take only 15 weeks and can be taken any time of the year (such as during summer break), offering greater efficiency and flexibility.

The class times of dual enrollment courses can vary, with some being in the early morning and others being in the evening. Other classes are asynchronous, allowing students more flexibility in completing assignments at their own pace compared to AP courses.

Dual enrollment also allows students to gain exposure to

classes taught by instructors in a university setting. This helps smooth students' transition from high school to college by getting used to learning from instructors' more lecture-based teaching styles and getting used to more independence when learning the course material, both of which are typical of a college experience.

Courses catalogs offered under dual enrollment for high school students have a more diverse range of subjects and more advanced subjects beyond the limited AP classes. For example, dual enrollment can expose students to niche college-level digital forensics classes and photography classes and more advanced college-level physics courses.

College Board does not offer AP courses that cover many of these fascinating topics. I've done this myself, as I took Differential Equations at West Valley this past summer. The class was scheduled to take place from 10:30 a.m. to 1:30 p.m. Monday through Thursday for six weeks, giving me more time in the morning to get ready.

The amount of time I needed to spend outside of class to do

homework was around two to three hours per day. Although the course covered advanced math topics and moved at an extremely fast pace due to the condensed summer curriculum, I found myself able to handle the material. In my experience, the advanced STEM courses at Saratoga High were more challenging, showcasing that dual enrollment courses may be quite manageable for most students here.

No matter how much of a burden dual enrollment courses are, California public colleges and universities will give an extra grade point in admissions for dual enrollment courses when calculating the GPAs of their applicants.

These benefits highlight that motivated students should not just consider taking AP or honors courses, but also consider taking dual enrollment courses.



AS SEEN IN

The West Valley
OUTLOOK
a vision for our age-friendly community



Portraits & Headshots
Family Pictures
Graduation
Parties & Events
Commissioned Art



JimmyPPhotography.com
JimmyPPhotos@gmail.com
JimmyP_Photo



Free Legal Services for Santa Clara County Residents Age 60 or Older

SALA provides legal assistance for the following types of legal matters:

- Social Security, SSI, Medicare, Medi-Cal, and In-Home Supportive Services
- Nursing Homes, Residential Care, Alternatives to Institutionalization
- Restraining or Protective Orders (to prevent elder abuse or domestic violence), Revocation of Powers of Attorney (for fiduciary abuse)
- Landlord-Tenant, Subsidized/Senior Housing, Mobile Home Residence matters, Utilities
- Medicare HMO, Supplemental Insurance, Long-Term Care Insurance problems
- Advance Health Care Directives, Health Care Powers of Attorney, Uniform Statutory Form Powers of Attorney (for financial management)
- Death of Joint Tenant Affidavits, Small Estate Affidavits (valued at \$184,500 or less)
- Statutory Wills or Holographic (handwritten) Wills for elders with modest assets

SALA provides assessment, advice, and/or referral for other types of legal matters.

SALA appointments are available at:
Saratoga Senior Center
19655 Allendale Avenue
Saratoga, CA 95070

Appointments can be made at the front desk or by calling (408) 868-1257

This program is partially or fully funded by:
SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

SALA's services are also partially funded by: State Bar of California • Legal Services Trust Fund Program • Equal Access Fund • California Department of Aging • County of Santa Clara • City of Campbell • City of Cupertino • City of Milpitas • City of Mountain View • City of Palo Alto • City of San Jose • City of Santa Clara • City of Sunnyvale • Silicon Valley Campaign for Legal Services

T OFFERS INTERGENERATIONAL BENEFITS

West Valley College launches Senior Guided Pathways in partnership SASCC

As population trends shift, colleges are taking a fresh look at Dual Enrollment

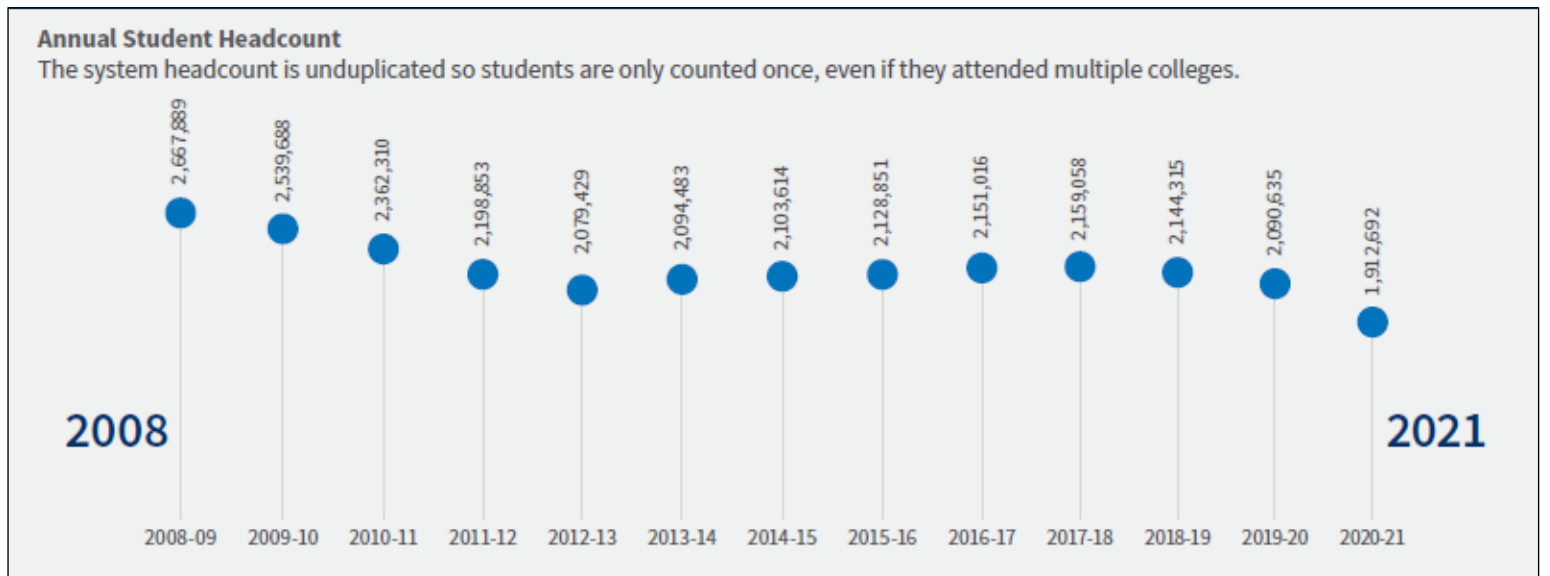
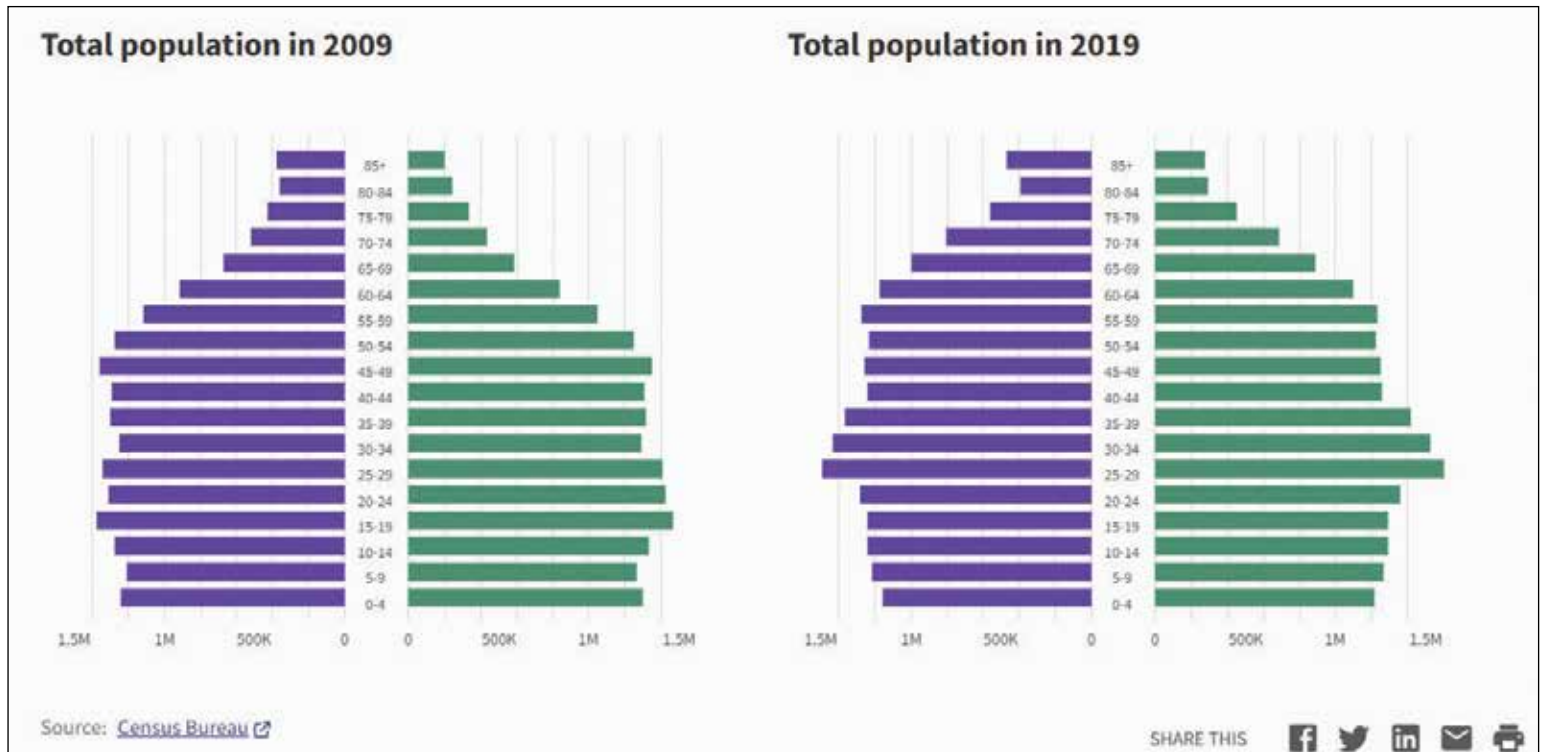
Tylor Taylor

The relationship between high schools and community colleges have long produced value for students, offering college-level coursework to students wanting a head start in higher education. Dual enrollment provides multiple layers of engagement and opportunity, and is a proven model that benefits students, high schools, community colleges and universities and ultimately employers.

Community colleges across the state are wrestling with the prospect of declining enrollment. Recent gains showing student headcount returning to pre-pandemic levels are still far off from the numbers from a decade ago. COVID impacted enrollment numbers, but the trend was already on the decline. According to the California Community College State Chancellor’s office “State of the System Report” in 2022, the community college system experienced a drop of over 20 percent in headcount from 2009-2019, a loss of just over 500,000 students statewide.

Meanwhile, California saw tremendous growth in the 65+ age bracket according to the latest census. Representing the fastest growing demographic in the state, the number of older adults swelled by 40 percent between 2009-2019, while the population of people 19 and under fell by nearly 5 percent during the same period. As that transition took place, elected officials and community-based organizations took aim at societal issues that disproportionately affect seniors and implemented measures such as the California Master Plan for Aging and the World Health Organization’s Age-Friendly Initiative.

This shift in population, coupled with the downward trend in the traditional college-age student base, led the West Valley-Mission Community



College District to seek out ways to attract adult learners. Using the High School Dual Enrollment model as inspiration, Successful Aging Solutions & Community Consulting (SASCC) developed and presented the concept of Senior Guided Pathways to the District as a means of increasing overall enrollment, providing job skills to older workers, creating new career pathways for traditional college-age students in the booming aging services sector and launching a Center for Aging at West Valley College.

As part of the pilot phase of the partnership, the Saratoga Senior Center has adopted a

new benefit to membership: all members will now be enrolled as students at West Valley or Mission College, depending on the types of courses they’d like to take. The Senior Guided Pathways will be offered in curated six-course bundles that result in outcomes ranging from developing modern skills for employment, to being better-equipped to navigate the healthcare system. The design is community-responsive—all Pathway courses were selected using data collected from the Community Assessment Survey for Older Adults (CASOA) conducted last year in Saratoga, Los Gatos and Santa Clara.

SASCC will be conducting CASOAs in Campbell and Sunnyvale this year in an effort to ensure community inclusivity.

CASOA survey data revealed the fact that nearly 70 percent of respondents expect to work well into their 70s in order to make financial ends meet. Sixty-eight percent didn’t feel like they had access to information about skill-building opportunities for work. Left unaddressed, the steady pace of growth in the senior population will compound these numbers, creating bleak prospects for future generations. The overall goal of implementing this new

take on dual enrollment is to take a meaningful step towards setting our society up for success as we live longer.

All tuition and fees are waived for participants in the pilot program, and there are no barriers to entry. SASCC has also made the RYDE Senior Transportation Program available to ensure older enrolled students can get to and from the campus at no cost. To learn more about the program, call (408) 868-1257 and ask for information about Senior Guided Pathways.



SENIOR GUIDED PATHWAYS



West Valley - Mission
Community College District

Commonly asked questions about lipreading

Marcia Fariss,
M. A., F-AAA, Audiologist and
retired Lipreading Instructor
for Foothill College

Q: What is lipreading?

A: Lipreading, more accurately known as speechreading, is using visual lip and mouth movements to assist in understanding what others are saying. Speechreading also includes observing facial

expressions, knowing the topic of discussion, focusing on the speaker, organizing the listening environments to work for the listener, not against the listener.

Q: What is the difference between sign language (ASL) and speechreading?

A: Sign language relies on using the hands to communicate; speechreading does not. Some hearing-impaired people use both modes of communication,

though signing is primarily used by the deaf and severely hard-of-hearing community.

Q: How does speechreading help understanding?

A: As we age, we often lose hearing. Typically the hearing loss is most pronounced in the higher speech frequencies, which carry a significant amount of information. Sounds such as “s, th, f, sh” for example, are high frequency sounds and often help us differentiate

between words such as “fat-sat-that” or “with-wish.” While we may not be able to hear those sounds, they are readily visible on the lips. Learning what those sounds look like assists us in understanding speech.

Q: Can lipreading (speechreading) be learned or are we born with it?

A: Speechreading is a learned skill. As with any subject, people learn at different rates, so some will learn it

more slowly than others. Even without realizing it, we sometimes acquire basic concepts of lipreading; however, large numbers of people enroll in classes that teach specific techniques for maximizing available visual cues.

Additional information regarding speechreading techniques and classes will be available in future articles.



Photo courtesy of the Saratoga Historical Foundation

Memorial Arch

Memorial Arch in Blaney Plaza is a Saratoga icon. Saratoga developer Charles Blaney donated the land and commissioned artist Bruce Porter to design the monument commemorating the ultimate sacrifice of six Saratogans during WWI. Here, children attend a memorial service on Armistice Day 1919. Over the years, the Arch has been moved and the plaza replanted several times. Once there was a small pond with fish at the base of the arch.



The Fretwell Building

The Fretwell Building, located at Main and University. It was completed in 1907, built on land vacant since the 1901 fire. Joseph Fretwell, a jeweler and optician, is pictured here in front of his new building. Other early tenants were an electrician, a real estate office and an attorney. The 'Los Gatos News' noted that while the new building was one-story with a basement, it was of reinforced concrete and constructed "so as to be built onto."

Photo courtesy of Town of Los Gatos



**Saratoga Foothill Club
Public Lecture Series
2024**



**An Evening of Jazz
Saratoga High School Advanced Jazz
II band led by Jason Shiuan
March 28, 2024
7:30 – 9PM
Saratoga Foothill Club, 20399 Park Place
Saratoga, CA 95070**

Jazz is a uniquely American form of music. In this performance, the Saratoga High School Advanced Jazz II Band will feature a wide variety of selections, from big band swing tunes to modern works.

Major highlights will include featured alumni soloists as well as works arranged by students. The concert will also feature chamber music through a completely student-run jazz combo.

The Saratoga High School Advanced Jazz II Band, led by director Jason Shiuan, is the top jazz ensemble at Saratoga High School. All students in this ensemble also participate in one of the school's core concert groups, such as band, orchestra, and/or choir. Each student musician must be accepted by audition. Over the years, this jazz ensemble has received high ratings at local and state festivals and has been featured in local professional theaters, including Cafe Pink House and the Tabard Theater.

Mr. Shiuan is the Performing Arts Department Chair as well as the Director of Bands at Saratoga High School and manages all aspects of the school's music department.

He also currently serves as the past president of the Santa Clara County Band Directors Association and is a Saratoga native and proud graduate of Saratoga High. You won't want to miss this lovely evening of music brought to us by our own Saratoga High students.

Tickets:

Regular Admission

Online at [Eventbrite.com](https://www.eventbrite.com) - \$13.50
<https://www.eventbrite.com/e/763014556077?aff=sdtdtcreator>
Purchase at door - \$15
Students - FREE with school ID

Series Pass

Saratoga Foothill members - \$44 (includes member + 1 guest pass)
Non club members - \$45 for purchaser only
Passes are for full series. Passes are non-transferrable



KANPAI FOR KOI!

HANAMI AT HAKONE

NIGHT VIEWING

PRESENTED BY NETGEAR

VIP RECEPTION

THURSDAY MARCH 28, 2023

6PM ~ 9PM

\$250 PER PERSON

(TAX DEDUCTIBLE)

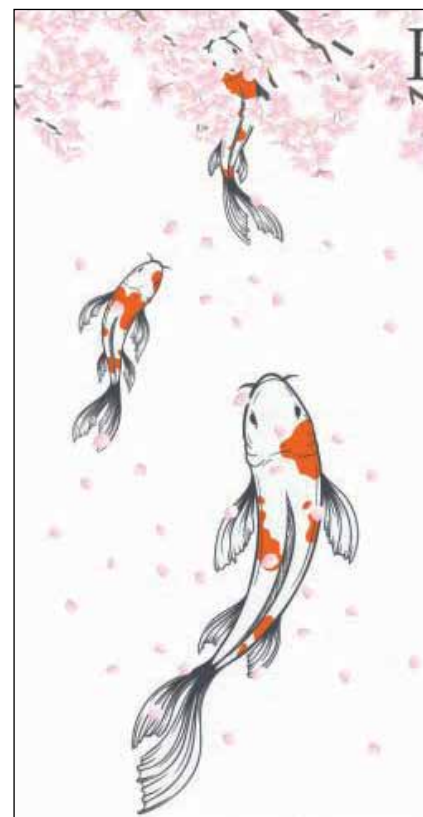
PURCHASE TICKETS

AT

WWW.HAKONE.COM

(TICKET SALES END ON MARCH 24)

408.741.4994



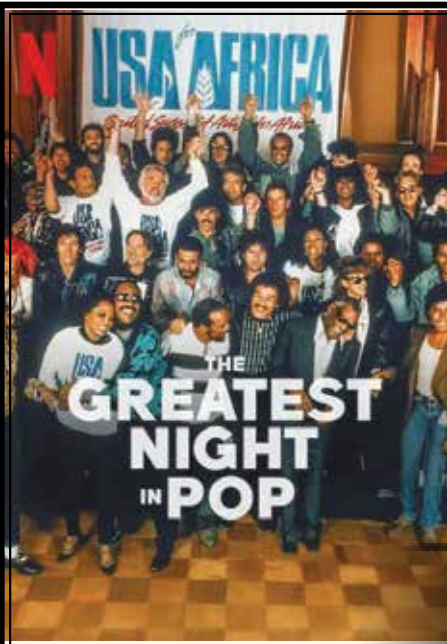
Join us for a Private Night Viewing, sake, and bento dinner. Sample sake and learn about the intricacies of sake brewing. Your contribution is essential to the health and safety of the koi, the heart of Hakone. Sake provided by Sake Trend.



ALL GUESTS MUST BE 21 YEARS OR OLDER.
THE GARDENS WILL NOT BE OPEN TO THE GENERAL PUBLIC.

Your present circumstances don't determine where you can go; they merely determine where you start.

- Nido Qubein



The Greatest Night in Pop (2024)

On January 25th 1985, dozens of the era's most popular musicians gathered in Los Angeles to record a charity single for African famine relief. Setting egos aside, they collaborated on a song that would make history.

PG-13 | 1h 36min | Documentary, Music

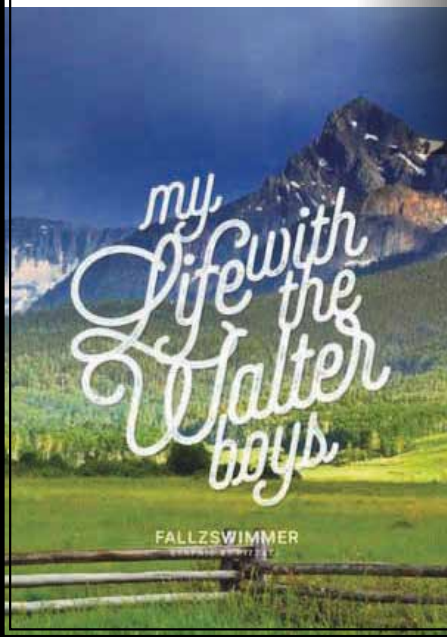
Queen Bees (2021)

After reluctantly agreeing to move into a home for seniors, a woman encounters a clique of mean-spirited women and an amorous widower.

PG-13 | 1h 40min | Comedy, Drama, Romance



NOW STREAMING



My Life with the Walter Boys (2024)

Jackie Howard's life is disrupted by a freak accident, she is ripped from her home and has to start over on a ranch in Colorado, with her guardian and a family of 9 boys, and 1 girl.

TV-14 | TV Series | Drama, Romance

Anatomy of a Scandal (2022)

A sexual consent scandal amongst British privileged elite and the women caught up in its wake.

TV-MA | TV Series | Drama, Mystery, Thriller



COMING TO THEATERS NEAR YOU

** Please call theater(s) for most up-to-date info.*



Dune: Part Two

Paul Atreides unites with Chani and the Fremen while seeking revenge against the conspirators who destroyed his family.

PG-13 | 2h 3min | Action, Adventure, Drama

Stars: Timothée Chalamet, Zendaya, Rebecca Ferguson

Cabrini

After witnessing disease and poverty in the slums of New York, Italian immigrant Francesca Cabrini embarks on a daring journey to persuade the hostile mayor to provide housing and healthcare for hundreds of orphaned children.

Releases March 8 - International Women's Day.

PG-13 | 2h 25min | Biography

Stars: Cristiana Dell'Anna, John Lithgow, David Morse



One Life

Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

Releases March 15

PG | 1h 50min | Biography, Drama, History

Stars: Anthony Hopkins, Lena Olin, Johnny Flynn

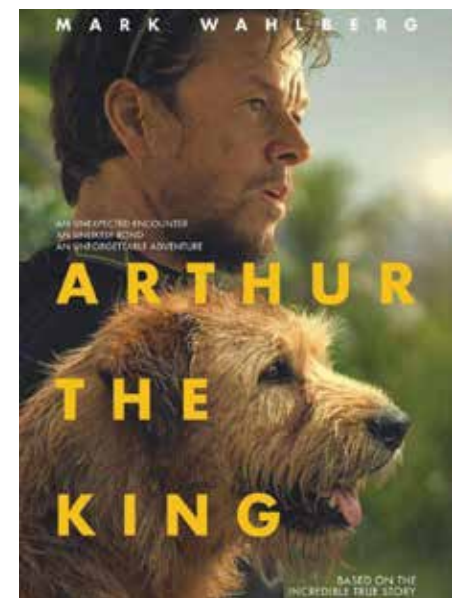
Arthur the King

An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race.

Releases March 15

PG-13 | 1h 30min | Adventure

Stars: Mark Wahlberg, Nathalie Emmanuel, Isimu Liu



PRUNEYARD CINEMAS
 (408) 717-4712
 1875 S. Bascom Ave., Campbell, CA 95008
www.pruneyardcinemas.com/

AMC - SARATOGA
 (408) 871-2277
 700 El Paseo De Saratoga, San Jose, CA 95130
www.amctheatres.com/movie-theatres/san-jose/amc-saratoga-14

CINELUX LOS GATOS THEATRE
 (408) 399-9800
 43 N Santa Cruz Ave, Los Gatos, CA 95030
www.cineluxtheatres.com/cinelux-los-gatos-theatre

Coming to the Saratoga Civic Theater



Inspired by and featuring the songs of Elvis Presley

This entertaining musical comedy featuring the songs of Elvis Presley, set in the summer of 1955 in a small Midwestern town. The story revolves around Chad, a hip-swiveling, guitar-playing roustabout, who helps the town discover the magic of romance and the power of rock and roll.

The timeless songs include "Love Me Tender", "Heartbreak Hotel", "Blue Suede Shoes", "Jailhouse Rock", "Can't Help Falling In Love", "Fools Fall In Love" and of course, the chart-topper, "All Shook Up!"

Showtimes will run Saturday, March 9, 2024 - Saturday, April 6, 2024.



This musical comedy is a Saratoga stage premiere of the 1998 film and tells the story of Robbie, New Jersey's favorite wedding singer. Heartbroken after his fiancée leaves him at the altar, he is forced to reexamine the meaning of love and marriage. With the help of Julia, a waitress from one of his wedding-singing venues, will he find love again and live happily ever after?

This show won five Tony and eight Drama Desk nominations in 2006 and is filled with 1980's references to music games, events and even business and includes the following songs; "It's Your Wedding Day", "Let Me Come Home", "Casualty Of Love" and "Grow Old With You."

Showtimes will run Saturday, June 29, 2024 - Saturday, July 27, 2024.

COMMUNITY WILDFIRE PREPAREDNESS 2024 WORKSHOPS

READY, SET, GO (30 MIN.)

- Making your home and property more fire resilient
- Developing a wildfire action plan
- How to respond to extreme fire conditions
- Emergency notification systems

EVACUATION PLANNING AND READINESS (30 MIN.)

- Know the escape routes from your neighborhood
- Understand evacuation terminology
- Monitor conditions using trusted sources of information
- What to do if you become trapped

BUYING, SELLING AND INSURING A HOME IN THE WILDLAND URBAN INTERFACE (WUI) (30 MIN.)

- What is CA Assembly Bill 38
- Scheduling a property inspection when selling a home in the WUI
- Accessible home insurance in high-risk areas
- Policy cost saving incentives
- Creating a resilient California insurance market






DATE	WORKSHOP LOCATION	TIME	PARTICIPATING AGENCIES:
APRIL 30 TUESDAY	LOS GATOS/MONTE SERENO ADDISON-PENZAK JEWISH COMMUNITY CENTER AUDITORIUM 14855 Oka Road, Los Gatos	6:00 TO 8:00 PM	   
MAY 4 SATURDAY	LEXINGTON BASIN/SUMMIT PAVILION @ REDWOOD ESTATES 21450 Madrone Drive, Los Gatos	10:00 TO 12:00 PM	
MAY 8 WEDNESDAY	LOS ALTOS HILLS LOS ALTOS HILLS TOWN HALL 26379 Fremont Road, Los Altos Hills	6:00 TO 8:00 PM	
MAY 14 TUESDAY	SARATOGA/CUPERTINO JOAN PISANI COMMUNITY CENTER 19655 Allendale Avenue, Saratoga	6:00 TO 8:00 PM	

*Each workshop will include three 30-minute sessions and Q&A

SANTA CLARA COUNTY FIRE DEPARTMENT | (408) 378-4010 | WWW.SCCFD.ORG
Proudly serving Campbell, Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Saratoga and the surrounding unincorporated communities.

REV 12.01.23

Milpitas Veteran Support Group



FREE

Third Wednesday of each month | 4 p.m.
Barbara Lee Senior Center
40 N. Milpitas Blvd.

The City of Milpitas, in collaboration with the Veterans Affairs Palo Alto Health Care System, is proud to announce a new Veteran Support Group here in Milpitas. We are eager to provide resources, education, training, and opportunities for social engagement. Come and form meaningful connections with fellow veterans, so you can continue to thrive and live a full and satisfying life.


Facilitated by:
Liliana Ramos
CMSgt, USAF, Ret.

Co-Facilitator:
LaShelle Burch
MSW, LCSW, Community Engagement and Partnerships Coordinator, VA Palo Alto

Need help? Or want to be of support to a fellow veteran? We would like to hear from you. Join us for our meetings every third Wednesday of the month!

YOU SERVED US | NOW LET US SERVE YOU
ALL VETERANS WELCOME!

For more information, please contact
Karla Dajano, Social Services Coordinator, at
(408) 586-3405 or kdajano@milpitas.gov.






Recreation and Community Services

RESOURCES

CARE

SERVICES

INFORMATION

COMMUNITY RESOURCES

CALL 211 or visit 211scc.org : Food, Senior Care & Child Care, Counseling, Legal Aid, Housing & more (free, confidential, multi-lingual)

HOUSING AUTHORITY OF SANTA CLARA
505 West Julian St.
San Jose, CA 95110
(408) 275-8770



Photo by Hannah Busing on Unsplash

EMERGENCY ASSISTANCE NETWORK OF SANTA CLARA COUNTY
1400 Parkmoor Ave., Suite 250, San Jose, CA 95126
(415) 808-4300 / www.uwba.org/get-help

SANTA CLARA COUNTY FIRE DEPARTMENT
14700 Winchester Blvd, Los Gatos, CA 95032 / 8 a.m. - 5 p.m. / (408) 378-4010
Emergency Response, Fire Prevention, Education & Preparedness. www.sccfd.org

WEST VALLEY COMMUNITY SERVICES
10104 Vista Dr.
Cupertino, CA 95014
(408) 255-8033

FAIR HOUSING LAW PROJECT - Housing discrimination, mortgage abuse, eviction issues, etc.
152 N. First St. 3rd Floor, San Jose, CA 95111
(408) 280-2470

SHRED IT SERVICES
Saratoga Senior Center,
Mon.-Fri., 10 a.m.-4 p.m.
\$1 per pound, \$12 per Bankers Box. Call (408) 647-9023 for more info.

MENTAL HEALTH RESOURCES

NAMI - The National Alliance on Mental Illness (NAMI) offers practical experience, support, education, comfort and understanding to anyone concerned about mental illnesses and their treatment in Santa Clara County. Call from 10 a.m. to 6 p.m. at (408) 453-0400 option 1, or option 4 for after-hour support.

campus mental health services to students free of charge, plus staff training on mental health issues, and parent consultations. Learn more at www.cassybayarea.org.

CAREGIVER SUPPORT GROUPS Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/caregiving/caregiver-support-groups.

NATIONAL SUICIDE PREVENTION LIFELINE
- Provides 24/7, free and confidential support for people in distress and prevention and crisis resources for you or your loved ones. Call the line at 1-800-273-8255 or visit suicidepreventionlifeline.org to learn more.

ASIAN AMERICANS FOR COMMUNITY INVOLVEMENT MENTAL HEALTH SERVICES - Founded in 1973, AACI serves individuals and families with cultural humility, sensitivity and respect, advocating for and serving the marginalized and ethnic communities in Santa Clara County.
2400 Moorpark Ave., Suite 300, San Jose, CA 95128 / (408) 975-2730 X204

GRIEVING SUPPORT GROUPS: REMOTE, VIRTUAL, AND ONLINE Offered through Vitas Healthcare
To join, please visit www.vitas.com/family-and-caregiver-support/grief-and-bereavement/remote-grief-support-groups.
To learn more about Vitas Healthcare support groups, please call 888.804.0387. Closet Bay Area Location is Milpitas VITAS Hospice and Palliative Care Office: 670 N McCarthy Blvd. Suite 220, Milpitas, CA 95035

CASSY - Counseling and Support Services for Youth (CASSY) is a 501(c)(3) nonprofit that partners with Bay Area schools to provide resources and professional, on-

START YOUR RECOVERY
- Provides information for people who are dealing with substance use issues, and their family members, friends, and coworkers too. startyourrecovery.org/

OLDER ADULT SERVICES

RYDE (REACH YOUR DESTINATION EASILY) TRANSPORTATION PROGRAM: 408) 892-9739
www.sascc.org/ryde-about

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)
Funded by Sourcewise:
Call (408) 350-3200, and select option 2.
HICAP is a FREE volunteer-based program from Sourcewise that assists seniors with Medicare as a supplements to Medicare, long-term care and managed care insurance plans.

SOURCEWISE: (408) 350-3200 x 1
LIVE OAK NUTRITION CENTER: (408) 354-0707

SENIOR ADULTS LEGAL ASSISTANCE (SALA): (408) 295-5991
SALA is a non-profit elder law office whose mission is to support older persons in their efforts to live safely, independently, non-institutionalized and with dignity.

VTA ACCESS: Office: 8am to 5pm daily / (408) 321-2380
www.vta.org/go/paratransit#accordion-applying-for-vta-access-paratransit-service

SOCIAL CENTERS

SARATOGA SENIOR CENTER
19655 Allendale Ave
Saratoga, CA 95070
M-F, 10am to 4:30pm
(408) 868-1257



SARATOGA ADULT DAY PROGRAM
19655 Allendale Ave
Saratoga, CA 95070
10am to 3 pm
(408) 868-1254

LOS GATOS ADULT RECREATION CENTER
208 E. Main St.
Los Gatos, CA 95030
M-F, 9am to 4pm
(408) 354-1514

JEWISH COMMUNITY CENTER
14855 Oka Rd, #201
Los Gatos, CA 95032
(408) 358-3636



EMAIL: info@goparamountconstruction.com
ONLINE: goparamountconstruction.com
Call/Text: 408.630.9556
LIC#: 936528

Considering an ADU but not sure where to start?

- ✓ Live in a WUI?
- ✓ Hillside zone (HR)?
- ✓ Area with Potential for Ground Movement Zone?

Any or all three of these factors can significantly compound the reporting and documentation required to get your permit approved through the city.

BUT, it's not impossible!

Greetings from Paramount Construction. As a resident and builder in Saratoga, we understand the process to get your ADU permitted through the city, particularly when you have a more challenging lot to build upon. If this is something you've been thinking about, we're more than happy to discuss your intentions. Ask us about SB9, 2nd opinions or price shopping.

Very competitive pricing.

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ASK the EXPERT

Dr. Christine Throm, Audiologist
Past President-California
Academy
of Audiology (2018)



A Brief History of Hearing Aids

Christine Throm, Au.D.

Did you know that the first hearing aid prototype was invented over 3 centuries ago?

Today's hearing devices are incredible: they fit inside of our ears, and they can help restore some lost hearing to us when we can no longer hear clearly.

The history of hearing devices is fascinating. If you have hearing aids and have ever been somewhere without them, you may have come to appreciate them to a whole new level.

Hearing Aids: A Brief History

“Ear trumpets,” the first hearing assistive devices, were created in the 18th century. Working as a physical funnel into the ear to amplify sound, the first hearing devices were large, like holding a traffic cone to your ear. This horn-shaped device was developed throughout the 1700's, though technology for amplification of sound would come later.

Come see the sample we have in our office!

With the nineteenth century came an explosion of modernization, which included both telephones and electricity. This innovative technology was also employed with hearing aids. Thomas Edison's carbon transmitter made the electrical transmission of sound a reality in 1878. That innovation led to technology in amplification that was later adapted for hearing devices.

1920 brought the invention of the vacuum tube, which granted a more compact size of hearing aid. Now that the technologies of improved frequency and amplified sound were in play, hearing device size was reduced to a small box with an accompanying receiver. Hearing devices were much easier to use at home, but it wasn't possible to use them in public.

Portable, wearable hearing devices were developed a few years later. The earpiece would be attached by a small wire to a battery and receiver unit, usually worn on the torso or leg. During WWII circuit board technology was developed, which made hearing devices even more portable.

In 1964, Zenith Radio developed hearing devices that were worn behind the ear and by 1996 the digital revolution had modernized hearing aids. Since then, we have seen rapid advancements in technology.

Come see some vintage aids in our office including [hand-drawn](#) circuit diagrams!

Now our hearing devices are tiny and nearly invisible, some (when medically appropriate) fitting deep into the ear canal. They can be adjusted discreetly and easily with a smart phone, and 90% of hearing devices are entirely digital. With the rate of technological advancement, we can anticipate only better hearing aid technology in the future. **Your audiologist will help you figure out what is medically appropriate for your lifestyle and hearing loss.**



Resolve to optimize your hearing! If you have even minimal hearing loss, consider hearing aid options. Hearing aids can help to keep your brain active and prevent further hearing loss, so if you have minor hearing loss, hearing aids are a worthy investment to prevent it from progressing

Los Gatos Audiology is proud to introduce the Oticon Intent™!
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If you already have hearing aids, check out the latest options in smart hearing devices—you may be shocked what the newest hearing aids can do!

Your quality of life may be due for an upgrade – so come in today!

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Dry Mouth in Older Adults: Causes, Symptoms, & Treatment

by Dr James Lin
Los Gatos Dentist

Dry mouth, also known as Xerostomia, is a common condition that affects many older adults. This condition causes a decrease in saliva production, which leads to difficulty swallowing, speaking, and tasting. Dry mouth also increases the risk of dental cavities and gum disease due to minimal salivary flow available to naturally remove food debris and protect the gums.

The most common symptoms include:

- Dryness in the mouth and throat
- Increased thirst
- Bad taste in the mouth
- Sore, red, or inflamed gums
- Increased risk of dental cavities
- Increased risk of gum disease

Common causes of dry mouth in older adults include: certain medications, radiation therapy, and compromised health. Many medications used to treat various illnesses can cause dry mouth as a side effect. For example, medications used to treat allergies, asthma, and depression. Pain relievers (over the counter and prescribed) can also cause dry mouth.

Individuals with radiation therapy to the head and neck area can have damaged salivary glands, which decreases saliva production. Uncontrolled diabetes can also lead to dry mouth if blood sugar levels are high. Sjögren's syndrome affects the glands that produce moisture, including the salivary glands.

Unfortunately, there is no cure for dry mouth. However, there are numerous options

"One of the best dentists in our area. He had tremendously improved my dental health. He has a way of clarifying your concerns, listens to you, has excellent bedside manners and answers all your questions in a way that helps you understand the issues...They got me in soon and his staff is extremely sweet and friendly...His staff go above and beyond to provide excellent comfort and care when your mind and body are in an anxious state of mind." -Rosa



that can help bring relief:

- Saliva substitutes: liquid gels that can help keep the mouth moist.
- Sugar-free gum: xylitol gum and mints to help stimulate saliva production.
- Avoid alcohol, tobacco, and caffeine.
- Medication changes: your doctor can prescribe an alternate medication that does not have dry mouth as a side effect.
- Stay hydrated: Drink plenty of fluids.
- Brush your teeth twice a day and floss daily: Good oral hygiene can prevent dental cavities and gum disease, which are much more common in people with dry mouth.
- See your dentist regularly: Your dentist can check for signs of dry mouth and detect early signs of cavities and gum disease.

In case you are wondering, we are accepting new patients! Please feel free to give us a call Monday through Thursday, 9am-5pm for any questions or to schedule an appointment.

Sincerely,
James Lin, DMD, FAGD

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Dan Rubnitz ←

A Bay Area native and lifetime resident, I've been deeply involved in all aspects of life in the South Bay Area. When I was raising my children I was engaged in their sports, school, and community events. These days I focus on my real estate practice and enjoy time skiing, biking, hiking and traveling. **With over to 30 years as a real estate broker,** a master's degree in real estate finance and a background in real estate development, **I offer unique insights into the local market.** Whether discussing renovations, retirement plans, estate matters, or property investments, I've got the experience and expertise for all your real estate needs. I take pride in guiding clients through successful transactions and am thrilled to collaborate with our amazing clients.

→ **Brian Bernasconi**

Born and raised in Los Gatos, I've lived across the Bay Area, including Campbell, San Jose, Palo Alto and San Francisco. I've also traveled around the world and lived in New York City, Sydney and Copenhagen. My wife, Christina and I have been married for nearly 30 years. We have two kids, Dominic and Maia. **In real estate since 2001,** I have focused my career in Los Gatos, the Santa Cruz Mountains, Saratoga, Campbell, Almaden, Cambrian, and Willow Glen. **Guiding our clients through pivotal life moments is the most fulfilling part of my job.** I thrive in real estate. I love our clients and take pride in providing top-tier service. With expertise in negotiation, managing complex situations, and a deep understanding of the local real estate market, **I strive to secure favorable outcomes for each and every client.**



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